In The Name of Allah (God) The Most Compassionate The Most Merciful

Title of Paper:

Mental Disturbances and Illnesses: Diagnosis and Cure from The Guidance of The Qur'an

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Summary of the Research

Research Aims:
This research aims to find a diagnosis and cure for mental disturbances from the guidance of The Qur'an, keeping in mind that modern psychology failed to find a cure for mental disturbances.

Research Methodology:
The methodology adopted in this research is to ponder upon the verses of the Qur'an and to link the verses to each other to derive new knowledge concerning the human psyche and the reason behind mental disturbances affecting people.

Research Topics:
The research addresses the following topics:

- Showing the miracle of the Qur'an in modern times.
- Knowing the cause behind mental disturbances.
- Deriving the cure for mental disturbances from the guidance of The Qur'an.
- Showing the mercy of Allah (God) contained in the teachings of the Qur'an.

Results:
Discovering the cause of mental disturbances and how to cure them from the guidance of The Qur'an, which shows the mercy of Allah (God) onto people and the truthfulness of the message contained in the Qur'an. In addition to demonstrating the superiority of the knowledge of Allah (God) in The Qur'an to the current knowledge of people.

Mental Disturbances and Illnesses: Diagnosis and Cure from The Guidance of The Qur'an

Introduction:

People as a whole experience disturbing thoughts telling them ideas of harm (to hurt oneself and others), Lust (perverted sexual ideas), and blasphemy. In psychology people suffering from such ideas are classified as mentally ill. Till this date in modern psychology there is no clear diagnosis nor cure for these disturbing ideas that come to one's head. This paper will show how to deduce the correct diagnosis and cure for such ideas from the last revelation of Allah (God) Almighty to mankind (i.e. The Noble Qur'an).

Obsessive Compulsory Disorder (OCD):

Obsessive Compulsory Disorder (OCD) is one of the most common mental illnesses. It is characterized by a person hearing thoughts in his mind as if he is thinking to himself with them. These ideas cause the person agitation, confusion, depression, and other sad feelings. Dr. Steven Phillipson describes this disease as follows:

"A losing battle between rational self (as represented by an individual's futile attempts ay using reason to combat the disorder) and the brain's capacity to create unreasonable automatic thoughts accompanied by uncontrolled emotional upheaval"

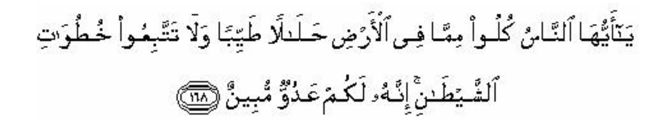
In modern psychology there is no clear diagnosis for why these thoughts come to one's head, while keeping in mind that they are the last thing in the world a person wants to think about. The proposed method of treatment lays in taking Serotonin Re-uptake Inhibitors (SRI) pills and psychological counseling. This proposed method of treatment is not effective at all.

The Nature of the Main Enemy of Humans as stated in the Noble Qur'an:

If one thinks about the thoughts a person described as mentally ill suffer from, one can see that they are intended to cause pain, agitation, despair, lack of concentration on important matters, depression, and other self destructive feelings.

If one thinks of it, this is the work of an enemy. It is as if an enemy wants people to live in hardship and pain. Since all the ideas people with mental illnesses suffer from are not good and destructive. The notion that oneself is doing this is preposterous. Thus there is a need to find this enemy that wants people to suffer from these ideas that come into their heads.

This enemy is stated in clear terms in the Noble Qur'an as a mercy from the creator unto His creation. It is stated in Chapter 2 (verse 168) the following:



The translation of the above verse is:

O people eat from what Allah (God) Almighty has made lawful to you from what the earth brings and do not follow the steps of Satan. Verily, He is an open enemy for you. (2:168)

Thus Allah (God) Almighty tells us that Satan is the main enemy of humans. And so it can be concluded that Satan as an enemy of people wants them to be in hardship, pain, and despair. Consequently, it is Satan who is responsible for the ideas of harm, lust, and blasphemy, which people with mental illnesses and disturbances suffer from, the proof of which will be given in the following sections.

People's view on Satan

A sign of Allah's (God) Almighty mercy towards His creation is found in the fact that He send heavenly books, such as the commandments received by Prophet Moses peace be upon him, The Noble Qur'an received by

Prophet Mohammad peace be upon him and in all of these books Allah (God) Almighty warned people about their main enemy (i.e. Satan). However, due to the fact that the majority of people deserted Allah (God) Almighty and His messages to people, the majority of people do not know the first thing about their main enemy (i.e. Satan) and the mechanisms by which He affects them by.

Nowadays, if you ask a person about Satan and how does He affect him; you would most probably hear one of the following answers:

An Atheist: He will tell you that Satan does not exist.

A Christian: Most Christians think that Satan is a mystical figure that exists but it does not affect people what so ever.

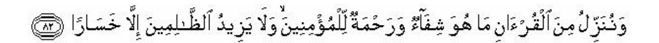
A Muslim: He believes that Satan exists, however, he does not know the mechanism by which Satan affects him by.

This ignorance regarding the mechanism by which Satan affects people by is very dangerous and destructive as it will be shown in this paper. In addition it will be shown in this paper why Allah (God) Almighty warned people in every heavenly book about Satan and His deception.

The Noble Qur'an

Allah (God) Almighty throughout the ages sent revelations to guide people to the right path and to lift them through knowledge to a dignified status. The culmination of these revelations is seen in the last revelation of Allah (God) Almighty to mankind which is the Noble Qur'an. The Noble Qur'an is a verbal revelation from the Almighty to people delivered by His last and beloved messenger Mohammad peace be upon Him. In it Allah (God) Almighty states in clear details the mechanisms by which Satan affects humans with. Such that people will not be fooled by Satan and be saved from His destructive influence.

The fact that the Noble Qur'an is a book of knowledge and mercy to people is stated clearly in it in chapter 17 verse 82:



The translation of the above verse is:

And Allah (God) Almighty sends down from the Qur'an that which is healing and mercy to those who believe, and it increases the wrong-doers nothing but loss. (17: 82)

Diagnosis of Mental Illnesses and Disturbances from the Noble Qur'an: Facts deduced from the Noble Qur'an

It is known from the study of the Noble Qur'an and the teachings of Prophet Mohammad peace be upon him that every human has the following:

1. **The voice of oneself:** The voice you speak with is referred to as the voice of oneself. This voice has a characteristic frequency that distinguishes it from the voices of other people. And when a person thinks quietly he or she hears this voice in his or her head (i.e. the same voice the person speaks with). This is called the voice of oneself which is the voice you speak and think with.

2. A companion Devil: It is also known from Islamic teachings that a companion devil is assigned to each and every human at birth. This devil strives to mislead and cause pain to the person he is assigned to. The purpose of assigning such a companion devil is a test from the creator to people, to see whether under all these temptations whether a person will turn back to his creator and follow his commandments or not. However, the manner by which this companion devil affects the person he is assigned to is largely unknown and this paper will Allah (God) willing explain that in details.

The Mechanisms by which Satan affects Humans by:

The manner by which the companion devil (Satan) affects humans can be known fully from the Noble Qur'an by thinking and reflecting upon the following Qur'anic verses:

Allah (God) Almighty states in Chapter 17 verse 64 the following:

وَٱسْتَفْزِزْ مَنِ ٱسْتَطَعْتَ مِنْهُم بِصَوْتِكَ وَأَجْلِبْ عَلَيْهِم بِخَيْلِكَ وَرَجِلِكَ
وَشَارِكْهُمْ فِى ٱلْأَمْوَٰلِ وَٱلْأَوْلَٰدِ وَعِدْهُمْ ۚ وَمَا يَعِدُهُمُ ٱلشَّيْطَٰنُ إِلَّا غُرُورًا ﴿٦٤﴾

The translation of the above verse is:

And befool them gradually those whom you can among them with your voice, make assaults on them with your imaginations and influence. And share their money and children and make promises to them. But Satan promises them nothing but deception. (17: 64)

Allah (God) Almighty teaches us that Satan tries to befool and trick humans with His voice. The question now arises as to the nature of the voice of Satan. Allah (God) Almighty gives us the answer to this question in verse number 4 in chapter 114 of the Noble Qur'an, as follows:


مِن شَرِّ ٱلْوَسْوَاسِ ٱلْخَنَّاسِ ﴿٤﴾

The translation of the above verse is:

From the evil of Satan who whispers who hides. (114: 4)

Allah (God) Almighty states that the companion devil (Satan) whispers to humans with His voice and at the same time He hides from them (i.e. He does not make them feel his presence). The question now arises as to how Satan can whisper to people and at the same time hide from them? The answer to this question is stated in the section to follow.

How can your companion devil (Satan) whisper to you and at the same time hide from you?

The answer to this question can be deduced from the following Qur'anic verse:

يَٰٓأَيُّهَا ٱلنَّاسُ كُلُوا۟ مِمَّا فِى ٱلْأَرْضِ حَلَٰلًا طَيِّبًا وَلَا تَتَّبِعُوا۟ خُطُوَٰتِ
ٱلشَّيْطَٰنِ ۚ إِنَّهُۥ لَكُمْ عَدُوٌّ مُّبِينٌ ﴿١٦٨﴾

The translation of the above verse is:

O people eat from what Allah (God) Almighty has made lawful to you from what the earth brings and do not follow the steps of Satan. Verily, He is an open enemy for you. (2: 168)

The first step in answering the question as to how your companion devil can whisper to you and at the same time hide from you can be deduced from the statement made in the above verse where it is stated that the devil is an enemy for humans. And thus an enemy can inflict maximum damage if he made you think that he does not exist and this is usually done by the enemy camouflaging himself.

The manner by which the companion devil camouflages himself and the only way he can whisper to you thoughts and hide from you is if he matches his voice to your own voice (i.e. the voice you think to yourself with).

Thus the camouflaging of Satan is done by Satan matching the tone, pitch, and style of His voice with the tone, pitch, and style of your voice (The one you think with) to make you think that the ideas you are hearing in your mind are your own and that you are thinking to yourself with them. So when a distributing thought comes to you and you hear it in your mind, you think that yourself is telling you this but in fact is that your companion devil is telling you such thoughts in order to cause you agitation and pain.

A summary of what is stated above is shown in figure 1.

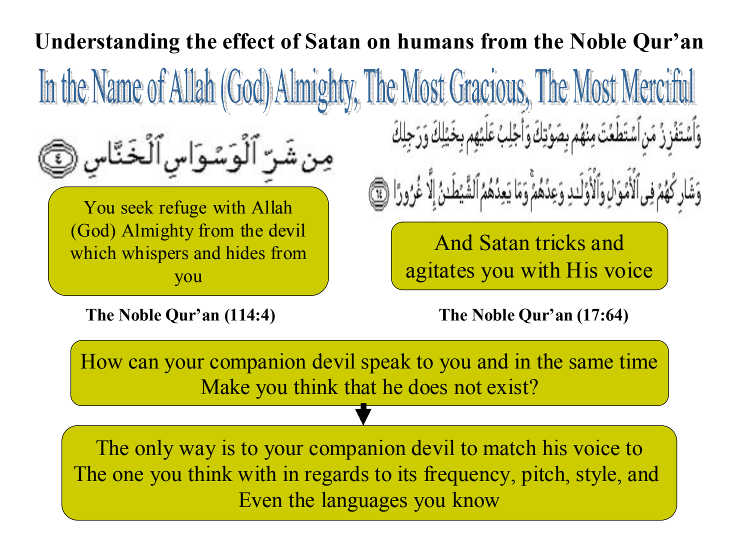


Figure 1: The manner by which your companion devil affects you by.

Scientific proof to the manner by which Satan affects humans by:

Since Satan is an enemy for humans thus it can be concluded that He wants people to suffer, feel pain, and have eternal punishment. In conclusion it can be deduced that Satan is the sole reason for mental disturbances of humans. To prove this point, if you ask any psychologist to tell you what kind of ideas people with mental disturbances experience and hear in their mind. The answer would be as follows:

1. **Ideas of Harm:** Ideas telling them to hurt themselves (suicide for example) and to hurt others (insults, transgression, etc.)

2**. Ideas of Lust:** Ideas telling them perverted sexual acts and creating mental scenarios where the person is committing sexual acts.

3. **Ideas of saying about God what they do not have knowledge of:** for example blasphemy, associating partners with God, giving God sons, wives, and daughters.

If these ideas are compared with the ideas and thoughts Allah (God) Almighty tells us in the Noble Qur'an (2:169) that Satan whispers to people with, which are Harm, Lust, and to say about Allah (God) Almighty what you have no knowledge of, we see a perfect match between the ideas people with mental disturbances hear and the ideas of Satan.

This presents a scientific proof to the fact that Satan affects people by matching His voice to the voice they think with to make them think that they want to perform such ideas. Figure 2 shows a summary of this scientific proof.

Scientific proof for the effect of Satan on people

Ideas that are contained in the voices people with mental illnesses hear

Dr. Andrew Lewis

- The ideas can be classified as:
- Harm
- Lust
- Filth
- Blasphemy

Ideas that are contained in the whispers of Satan as described in the Noble Qur'an

﴿١٦٧﴾ يَٰٓأَيُّهَا ٱلنَّاسُ كُلُوا۟ مِمَّا فِى ٱلْأَرْضِ حَلَٰلًا طَيِّبًا وَلَا تَتَّبِعُوا۟ خُطُوَٰتِ ٱلشَّيْطَٰنِ
إِنَّهُۥ لَكُمْ عَدُوٌّ مُّبِينٌ ﴿١٦٨﴾ إِنَّمَا يَأْمُرُكُم بِٱلسُّوٓءِ وَٱلْفَحْشَآءِ وَأَن تَقُولُوا۟
عَلَى ٱللَّهِ مَا لَا تَعْلَمُونَ ﴿١٦٩﴾

- Satan commands you:
- Harm
- Lust
- Blasphemy

Figure 2: Comparison between the ideas Satan whispers to humans with and those experienced by people suffering from mental illnesses and disturbances.

The manner by which Satan affects humans with as explained in the Teachings of Prophet Mohammad PBUH

Allah (God) Almighty states in The Noble Qur'an (21:7) that He sent His last Prophet Mohammad peace be upon him (PBUH) as a mercy to all that exists. This man Mohammad PBUH who is accused of so many things, if people only understood His message and the infinite mercy contained therein they would love him and revere Him. Figure 3 states a story which happened with Prophet Mohammad.

Evidence from the Sayings of Prophet Mohammad PBUH

A man came to Prophet Mohammad (PBUH) and said to him: O messenger of Allah I speak to myself with ideas which are the last thing I would like to think to myself. The prophet (PBUH) then said: Allah is the greatest, Allah is the greatest, all praise to Allah who limited the effect of Satan to the act of whispering

Figure 3: A story that happened to Prophet Mohammad PBUH.

In this story a man came to Prophet Mohammad (PBUH) and told Him that he keeps hearing ideas in his head which are the last thing he wants to think about. Prophet Mohammad (PBUH) answer to him proves with no shadow of a doubt that He is a true messenger of Allah (God) Almighty, such that Prophet Mohammad (PBUH) answered him saying that all praise to Allah (God) Almighty that He limited the affect of Satan on people to the act of whispering.

Satan stimulating the neural nodes in the human brain by whispering:

The second manner by which Satan affects humans with stems from the act of generating emotions by whispering as stated in the Noble Qur'an (113:4), where Allah (God) Almighty tells us that Satan can generate a feeling in the human body such that the feeling is exactly what you are supposed to feel when Satan whispers His ideas in your head. For example when Satan whispers the idea that you should commit adultery with a women; Satan at the same time generates a feeling of happiness in your body to trick you in believing that you

are doing something lawful and at the same time your companion devil whispers an idea in your head telling you that: if it feels so good how can it be wrong?.

The question now arises as to how Satan can generate these feelings in the human body. The answer is stated in the same verse in the Noble Qur'an where Allah (God) Almighty tells us that Satan generates these feelings by stimulating certain neural nodes in the human brain. These nodes are stimulated when Satan whispers His ideas of Harm, Lust, and Blasphemy to you, such that when the vibrations generated from Satan's voice passes through the neural nodes in the human brain which are responsible for generating various feelings in the human body it causes these nodes to be stimulated thereby generating chemicals which go through the body which in turn generate feelings that match the content of the ideas whispered by Satan. These nodes can be found in the human brain, where the brain contains groupings of neurons which form what are called neural nodes as shown in figure 4.

Stimulation of the Neural Nodes by Satan

Neural Knots

Human Brain

Figure 4: Neural nodes in the human brain.

These neural nodes when stimulated can produce feelings of happiness, sadness, thrill, etc. Thus the second way Satan attacks human by is by stimulating neural nodes in the human brain to produce feelings that reinforce the ideas He just whispered to people. It is worth discussing further the reason why Satan generates such feelings by stimulating neural nodes in the human brain. Allah (God) Almighty states in the Noble Qur'an that Satan tries to make you believe His lies.

Thus if Satan only whispered these ideas in your head they will not carry the same weight compared to the case when you hear these ideas and at the same time you feel feelings in your body that reinforce them. This is a way of Satan to make you see a wrong deed as a good one and a good deed as a wrong one.

The following two examples demonstrate the use of this method by Satan:

1. **Encouraging adultery:** Satan comes to every human with ideas telling him (like he or she is thinking to oneself) that you must enjoy life and that adultery is a normal human action and that your body needs it. At the same time Satan produces a feeling in your body by stimulating neural nodes in the human brain to produce a feeling of happiness and thrill. And when you experience such feelings Satan whispers to you that since you feel this much happiness, thus the action you are going to do must be right.

2. **Dis-encouraging becoming a Muslim:** When a person starts pondering upon Islam and The Noble Qur'an, Satan comes to that person with ideas in his or her mind like:

- Look at Muslims how barbaric they are and that they do this and that.
- The Noble Qur'an encourages polygamy, how uncivilized.

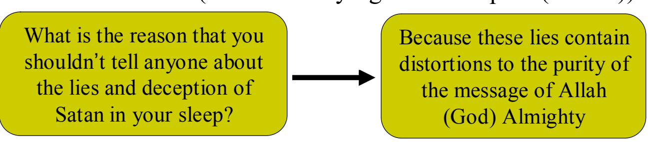
If you think about these ideas you realize that they are all oriented to drive you away from The Noble Qur'an and the guidance of Allah (God) Almighty. This highlights the point that Satan is an open enemy to you and He does not want you to see the truth and the mercy of Allah (God) Almighty contained in the Noble Qur'an.

Satan effect in dreams:

The third way Satan affects you by is stated in The Noble Qur'an and in the teachings of Prophet Mohammad (PBUH). Where Prophet Mohammad (PBUH) states that if you see a bad dream (i.e. a dream where you see horrifying scenes, you feel anguish and pain, commit perverted sexual acts, etc.) This dream is from Satan and you should not tell others about what you saw in it.

The Sayings of Prophet Mohammad (PBUH) about the dreams from Satan

- Prophet Mohammad (PBUH) said that whoever saw me in his dream then he indeed saw me. Since Satan can't take my image in dreams.
- He also said: If Someone saw a dream from Satan then he or she shouldn't tell anyone how Satan tried to manipulate him or her in their dream.
- Sahih Muslim (Authentic saying of the Prophet (PBUH))



The first question that arises from the above discussion is the following; how can Satan generate a bad dream?

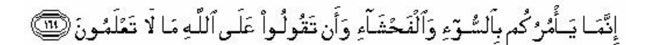
The answer to this question is that Satan can take the form of the people you know like your mother, sister, and father and then He tries to make you think in your dream that you did something perverted. The second question is: why did Prophet Mohammad (PBUH) instruct us not to tell others about what you hear and see in a dream from Satan?

The answer to this question shows the wisdom of Prophet Mohammad (PBUH). The reason you should not tell others about what you see and hear in a dream from Satan is that it contains misguidance and lies that if shared with others might cause confusion and misguidance to the people you shared it with.

How can you distinguish between your thoughts and those of your companion devil?

The next question that a person might think of is the following: How can I distinguish my thoughts from those whispered by Satan?

The answer is found in the Noble Qur'an in verse 169 of chapter 2, where it is stated that:



The translation of the above verse is:

Your companion devil (Satan) commands you what is harmful, sinful, and to say about Allah (God) Almighty what you have no knowledge of. (2: 169)

You can not physically distinguish between the two voices you hear in your mind since your companion devil matches His voice to the one you think with, however, you can distinguish the ideas whispered by Satan from your own by analyzing the content of the thought that comes into your head, such that if you hear an idea containing one or more of the following then it is from your companion devil (Satan) and not yourself:

1. Harm: Ideas that contain thoughts of despair, sadness, insinuations that there is no meaning of life, and other thoughts to drive you to hurt yourself by self torture, suicide, etc.

2. Lust: Ideas coming to one's head containing perverted sexual ideas and mental images. In addition to ideas that convince a person of the legality of adultery and other prohibited and degrading sexual acts.

3. To say about Allah (God) Almighty that you have no knowledge of: Ideas that you hear in your head telling you wrong and distorted interpretations for the Noble Qur'an and the teachings of Prophet Mohammad peace be upon him. In addition to ideas that God has sons and partners for which humans have no knowledge of such concepts.

If a person experiences such ideas then the source of these ideas is not you but rather it is from your companion devil (Satan). This is the criterion on which one can distinguish between his voice and the voice of his companion devil.

What Satan aims to achieve from the ideas He whispers in the minds of people?

Allah (God) Almighty out of mercy to mankind explains in the Noble Qur'an what Satan wants for people, Where Allah (God) Almighty states that Satan is an enemy for humans which wants the following for them:

- **Harm yourself**: Your companion devil wants you to hurt yourself by self torture, depression, etc. Satan achieves this by whispering ideas in your mind telling you that your life is pointless, that there is no future for you, that everybody hates you, that you are a laughing stock, etc. In effect because your companion devil can not hurt you physically, He uses you as a tool to do what He loves to do to you if He could.
- **Harm others**: By insults, vandalism, bullying, etc. Satan achieves this by whispering ideas with a voice matching the one you think of telling you to hurt others because you are better than them, because the other person wanted to insinuate with his looks and words that he is better than you and that you are worthless, etc. Because Satan can not hurt other humans physically, He uses you as a tool to achieve His goals.
- **Lust:** Satan wants people to degrade themselves and earn the anger of their creator, therefore He whispers ideas in the mind of people telling them perverted sexual acts and placing them in sexual scenarios. Satan also attempts to drive people to commit perverted sexual acts by making these acts joyful and rightful in their minds.
- **To blaspheme against Allah (God) Almighty:** Satan wants people to earn the anger of their Lord and to end up in Hell. In order to achieve this the companion devil of every human whispers ideas in his or her mind telling the person false ideas about his creator. Like for example, that Allah (God) Almighty has a son (Jesus Peace be Upon Him), which is something that earns the anger of Allah (God) Almighty to the person who believes it.
- **Forgetfulness:** Satan wants your life to be a shamble, thus in order to achieve this He keeps placing meaningless ideas in your head, thereby making you forget the important events in your life.
- **Lack of concentration:** Satan wants you to fail in every productive thing you want to do and to make every task harder and harder for you to accomplish; thus in order to achieve this Satan keeps whispering ideas in your head reminding you of insignificant events which weakens your concentration on the task at hand.

A Proposed Cure for Mental Illnesses and Disturbances as deduced from The Noble Qur'an: How to deal with the whispers and ideas of your companion devil (Satan)?

Allah (God) Almighty teaches people what to do when Satan whispers to them by the mechanism described in this paper, such that the cure from Satan whispers can be stated in two points, which are described below:

Step 1: The first step on how to deal with the ideas of Satan can be found in verse 36 of chapter 41:

وَإِمَّا يَنزَغَنَّكَ مِنَ ٱلشَّيۡطَٰنِ نَزۡغٞ فَٱسۡتَعِذۡ بِٱللَّهِۖ إِنَّهُۥ هُوَ ٱلسَّمِيعُ ٱلۡعَلِيمُ ٣٦

The translation of the above verse is:

And if an evil whisper from Satan comes to you, then seek refuge in Allah (God) Almighty. Verily, He is the All-Hearer, the All-Knower. (41: 36)

Where Allah (God) Almighty teaches us that when an idea of Satan comes to one's mind, he or she should seek refuge with Allah (God) Almighty, which means that you should remember that the source of these ideas is your

companion devil (Satan) and thus Allah (God) Almighty will not hold you responsible for them, however, you will be judged on whether you agreed with them and carried them out or not.

Step 2: The next action a person should perform when an idea of Satan comes to him is stated in verse 168 of chapter 2 of The Noble Qur'an:

يَٰٓأَيُّهَا ٱلنَّاسُ كُلُوا۟ مِمَّا فِى ٱلْأَرْضِ حَلَٰلًا طَيِّبًا وَلَا تَتَّبِعُوا۟ خُطُوَٰتِ
ٱلشَّيْطَٰنِ ۚ إِنَّهُۥ لَكُمْ عَدُوٌّ مُّبِينٌ ١٦٨

The translation of the above verse is:

O people eat of that which is lawful and good on the earth, and do not follow the footsteps of Satan. Verily, he is an open enemy to you. (2: 168)

In the above verse Allah (God) Almighty instructs us not to follow the steps Satan lays down before us, which means that do not perform the action Satan wants you to perform as He instructs you to when He whispers an idea in your mind telling you for example to commit adultery, to harm yourself or others, to blaspheme against Allah (God) Almighty, etc.

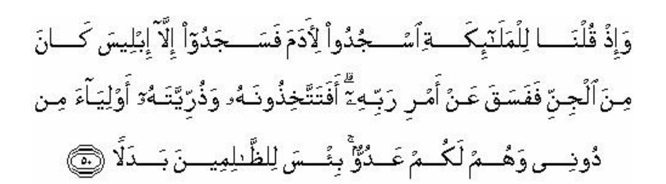
This advice is further reinforced in the teachings of Prophet Mohammad peace be upon him, which states the following:

Sahih Bokhari (A book containing a collection of narrations of Prophet Mohammad PBUH): Satan comes to you and tells you who created this? and who created this?, until He says who created your Lord? So if you experience this then seek refuge with Allah (God) Almighty and stop.

Thus it can be concluded that the correct manner to deal with the whispers and ideas of Satan is to firstly, remember Allah (God) Almighty and remember also that these ideas containing harm, lust, blaspheme, and disturbing imaginations, are all from Satan and that you should not ponder about them nor go in a vicious cycle of blaming yourself for these intrusive ideas and that you should go on with your life ignoring these false ideas and whispers and that you should think with yourself with the ideas you want to think about not those whispered by your companion devil.

A Message from Allah (God) Almighty to People as a whole regarding Satan

There is a message from Allah (God) Almighty to people regarding their main enemy (i.e. Satan), which is stated in verse 50 of chapter 18 in the Noble Qur'an:



The translation of the above verse is:

And (remember) when Allah (God) Almighty said to the angels; "Prostrate to Adam." So they prostrated except Iblîs (Satan). He was one of the jinns; He disobeyed the Command of His Lord. Will you then take him (Satan) and his offspring as friends, and helpers rather than Me (Allah (God) Almighty) while they are enemies to you? What an evil is the exchange for the wrong-doers. (18: 50)

In the above verse Allah (God) Almighty states that even though Satan is an enemy for you, he causes you depression, agitation, to hurt yourself and others, etc. you still take Him as a friend, which means that you agree with the evil ideas He whispers to you, and you openly disobey Allah (God) Almighty who created you based on mercy and Who has infinite mercy on you. What an evil exchange you do?

But rather you should run to your creator and take Him as a friend and helper and not your enemy that strives always to cause you pain and despair.

In another chapter of the Noble Qur'an (Chapter 36) Allah (God) Almighty states the following regarding people taking their companion devil as a friend and obeying the ideas He puts in their minds.

۞ أَلَمْ أَعْهَدْ إِلَيْكُمْ يَٰبَنِىٓ ءَادَمَ أَن لَّا تَعْبُدُوا۟ ٱلشَّيْطَٰنَ ۖ إِنَّهُۥ لَكُمْ عَدُوٌّ مُّبِينٌ ﴿٦٠﴾
وَأَنِ ٱعْبُدُونِى ۚ هَٰذَا صِرَٰطٌ مُّسْتَقِيمٌ ﴿٦١﴾ وَلَقَدْ أَضَلَّ مِنكُمْ جِبِلًّا كَثِيرًا ۖ أَفَلَمْ تَكُونُوا۟ تَعْقِلُونَ ﴿٦٢﴾

The translation of the above verse is:

Did I not ordain for you, O Children of Adam, that you should not worship Satan. Verily, he is a plain enemy to you * And that you should worship Me. That is a Straight Path * And indeed He (Satan) did lead astray a great multitude of you. Did you not, then, understand? (36: 60-63)

Allah's (God) Almighty infinite mercy onto people:

Allah (God) Almighty states in the Noble Qur'an that He sends down from The Qur'an which is mercy and healing for those who believe and it increases the wrong doers nothing but loss. Thus it can be concluded that out of the mercy of Allah (God) Almighty to mankind He should include within the Qur'an the cure and how to deal with the effect of Satan on people. And this is exactly the case as seen in this paper.

Also Allah (God) Almighty describes His last and beloved messenger Mohammad peace be upon him in the Noble Qur'an in the following verse (107) of chapter 21:



The translation of the above verse is:

And Allah (God) Almighty has not sent you except as mercy to all that exists. (21: 107)

We find the fulfillment of this statement in the fact that the teachings of Prophet Mohammad PBUH contain knowledge that generates happiness to each and every person who understands and implements them.

All praise to Allah (God) Almighty that He guided us to this knowledge.

References:

- The last revelation of Allah (God) Almighty to mankind (i.e. The Noble Qur'an)
- Osborn, I. (1998). Tormenting Thoughts and Secret Rituals. Dell Publishing.